

# Reserve your spot!

Get your Vitality Check and keep your LivingWell Promise!



**Questions about an event?**

eHealth  
(888) 708-8807 ext. 1

**General questions?**

HumanaVitality  
(855) 478-1623

**Can't make this event?**

Learn about your other options here: [LivingWell Promise](#)

## Garrard County

April 8

Garrard County Extension Office  
1302 Stanford Street, Lancaster

## Madison County

April 24

Madison Co. Extension Office, Rm 1 & 2  
230 Duncannon Lane, Richmond

## Lincoln County

April 28

Lincoln County Extension Office  
104 Metker Trail, Stanford

Sign up today to get your Vitality Check (biometric screening) and receive help completing your online Health Assessment.

### Follow three easy steps!

#### Step 1: Reserve a spot

Appointments are required. Find an event and make your appointment [HERE](#) or call (888) 708-8807 ext. 1. Use the screening key HWS13. Space is limited!

**Registration closes seven days prior to the event.**

#### Step 2: Attend the event

Fast for at least nine hours prior to your appointment.

Bring your HumanaVitality ID card and a photo ID.

### Step 3: Get rewards

HumanaVitality rewards you for getting your Vitality Check. You receive 2,000 Vitality Points just for completing and up to an additional 2,000 Vitality Points for results in healthy ranges. Earn even more points by completing the online assessment, too.

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*The biometric screening consists of a finger prick to measure your cholesterol and blood glucose, blood pressure check, and height, weight, and waist circumference measurements.*



**If you have already completed your LivingWell Promise, please disregard this notice.**  
If the local school system is closed due to weather the event will be cancelled.



Questions?  
[Contact Us](#)



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